

# Sesame Asian Noodle Chicken Salad - USDA Recipe D560

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Vegetable - Other, Grains, Meat / Meat Alternate

E-19

| Ingredients           | 25 Servings |         | 50 Servings |            | Directions  |
|-----------------------|-------------|---------|-------------|------------|---|
|                       | Weight      | Measure | Weight      | Measure    |   |
| *Fresh ginger, minced |             | 1 Tbsp  |             | 2 Tbsp     | <p><b>1.</b> To make dressing, combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a blender. Blend for 2 minutes at medium speed. Pour dressing into a container. Cover and refrigerate.</p> <p><b>2.</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.</p> |
| Rice Vinegar          |             | 3/4 cup |             | 1 1/2 cups |   |
| Low-sodium soy sauce  |             | 1/2 cup |             | 1 cup      |   |
| Orange juice          |             | 1/4 cup |             | 1/2 cup    |   |
| Honey                 | 2 oz        | 2 Tbsp  | 4 oz        | 1/4 cup    |   |
| Canola oil            |             | 3/4 cup |             | 1 1/2 cups |   |
| Sesame Oil            |             | 3/4 cup |             | 1 1/2 cups |   |

|                                     |           |            |           |             |  |
|-------------------------------------|-----------|------------|-----------|-------------|--|
| Garlic powder                       |           | 1/2 tsp    |           | 1 tsp       |  |
| Water                               |           | 1 gal      |           | 2 gal       | <b>3.</b> Heat water to a rolling boil.  |
| Spaghetti noodles, whole-wheat, dry | 1 lb 9 oz | 1 qt 1 cup | 3 lb 2 oz | 2 qt 2 cups | <b>4.</b> Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Rinse with cold water or ice water to rapidly cool. Drain well. Cover and refrigerate.<br><br><b>5.</b> Critical Control Point: Cool to 70 °F or lower within 2 hours, and 40 °F or lower within 6 hours. |
| Water                               |           | 1 qt       |           | 2 qt        | <b>6.</b> Heat water to a rolling boil.  |
| Frozen edamame                      | 1 lb 4 oz | 1 qt       | 2 lb 8 oz | 2 qt        | <b>7.</b> Add edamame and boil for 3 minutes. Rinse with cold water. Drain well.<br><br><b>8.</b> Combine edamame, carrots, cabbage, onions, and chicken together in a large steam table pan (12" x 20" x 2 1/2"). Add pasta. Mix well. Pour dressing over mixture and toss well.  |
| *Fresh carrots, shredded            | 10 1/2 oz | 1 qt       | 1 lb 5 oz | 2 qt        |  |
| *Fresh red cabbage, shredded        | 8 oz      | 1 qt       | 1 lb      | 2 qt        |  |

|   |           |                 |           |             |   |
|---|-----------|-----------------|-----------|-------------|---|
| Frozen, cooked diced chicken, thawed, 1/2" pieces | 1 lb 9 oz | 1 qt 1 1/2 cups | 3 lb 2 oz | 2 qt 3 cups |   |
| Sesame Seeds                                      |           | 1/2 cup         |           | 1 cup       | <p><b>9.</b> Sprinkle with sesame seeds. Refrigerate at 40 °F.</p> <p><b>10.</b> Critical Control Point: Cool to 40 °F or lower within 4 hours. Cover and refrigerate until service.</p> <p><b>11.</b> Critical Control Point: Hold for cold service at 40 °F or lower.</p> <p><b>12.</b> Portion with 8 fl oz spoodle (1 cup).</p> |

#### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of ingredients is available.

Cooking Process #3: Complex Food Preparation

#### Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

Legume as Vegetable: 1 oz equivalent meat, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 1 ½ oz meat/meat alternate, ¼ cup vegetable, and 1 serving grains/bread.

Legume as Vegetable: 1 oz meat/meat alternate, 3/8 cup vegetable and 1 serving grains/bread.

| Marketing Guide       |             |             |
|-----------------------|-------------|-------------|
| Food as Purchased for | 25 Servings | 25 Servings |
| Carrots               | 15 oz       | 1 lb 14 oz  |
| Red cabbage           | 10 oz       | 1 lb 4 oz   |
| Red onion             | 4 oz        | 8 oz        |

| Serving   | Yield                           | Volume  |
|-----------|---------------------------------|---|
| See Notes | <b>25 Servings:</b> about 9 lb  | <b>25 Servings:</b> about 1 gallon 2 cups / 1 steam table pan (12" x 20" x 2 1/2")    |
|           | <b>50 Servings:</b> about 18 lb |   |
|           |                                 | <b>50 Servings:</b> about 2 gallons 1 quart / 2 steam table pans (12" x 20" x 2 1/2") |

| Nutrients Per Serving |      |               |         |               |        |
|-----------------------|------|---------------|---------|---------------|--------|
| Calories              | 338  | Saturated Fat | 2 g     | Iron          | 2 mg   |
| Protein               | 17 g | Cholesterol   | 24 mcg  | Calcium       | 45 mg  |
| Carbohydrate          | 29 g | Vitamin A     | 2099 IU | Sodium        | 338 mg |
| Total Fat             | 18 g | Vitamin C     | 7 mg    | Dietary Fiber | 5 g    |